1. **Eat lots of different foods a day. A variety of foods is healthy for you.**
2. **Eat fruits and vegetables with every meal**
3. **Too much saturated fat is not good for your health**

I forgot to drink my Milk!!!!!!!

1. **Eat regularly and choose a variety of snacks**
2. **Drink lots of liquids!**
3. **Brush your teeth at least twice a day**
4. **Be active every day**
5. **Build strong bones and teeth with calcium**
6. **Breakfast is very important**
7. **Food is fun, so enjoy your food.**

**[](http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=284&id=1431#5)**

**How long can your body live without food and water? Click below to find out!**

**[](3%20Days.docx) [](4%20to%206.docx)**

# Let’s take a second to learn about VEGETABLES! Click on the picture below for a fun video.

**[](http://www.youtube.com/watch?v=l8_CLhQQ0Go&feature=related)Now let’s watch the Pyramid Power**

We will defeat Junk Food Bandit!

**take on the Junk Food Bandit!**

**[](http://www.youtube.com/watch?v=vAqZ5yxgTp0&playnext=1&list=PLC877B8B165CC4569)**

***WHERE SHOULD YOU TAKE MOM AND DAD OUT TO DINNER!***

|  |  |
| --- | --- |
| **PANERA BREAD** | **CHIPOTLE** |
| **JASON’S DELI** | **ATLANTA BREAD** |
| **NOODLES AND COMPANY** | **GARBANZOS** |
| **\*AVOID MCDONALDS, TACO BELL, PIZZA HUT, DOMINOS, BURGER KING, AND DEL TACO.**  **\*ALWAYS REQUEST SOMETHING HEALTHY.** | |